



OA Region 5 Convention

Saturday 10/2 8:30 AM - 9 PM EDT
 Sunday 10/3 8:30 AM - 12:15 PM EDT

- Dancing
- Fellowship
- Entertainment
- Keynote Speakers
- Panels
- Workshops

Hosted By Central Ohio Service Intergroup
 via Zoom

Convention Preview

- Many Voices** Our experiences
- One Solution** The 12 Steps of Overeaters Anonymous

This engaging event will celebrate recovery across the diversity of compulsive eating behaviors, disease manifestations, personalities, and beliefs.

The virtual format allows us to explore the following topics through speakers, panels, and workshops:

- 12 Steps of OA
- Abstinence through Action
- Acknowledging and Accepting Emotions
- Diversity in Lifestyle and **Community**
- The Principles
- Sponsorship
- Many Journeys to Recovery
- Experience, Strength and Hope

Service Opportunities

- Speaker/Panelist
- Hosting/Hospitality
- Zoom Aide
- Available Sponsor
- Other

Suggested Donation

- \$15
- \$20
- \$25
- Other

Register

OARegion5.regfox.com/region-5-2021-convention
 Registration closes September 30, 2021

Payment can be made at time of registration or mail a check along with your name and e-mail address to:

Central Ohio Service Intergroup-Convention
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 Columbus, OH 43214-4268 USA

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